



Mile Markers



We Give You the Run-Around

December 1993
Vol. 15 No. 11

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December Meeting

The December club meeting will be at Sergio's Restaurant, located at 1620 St. Michael's Drive, on Tuesday, December 14, 1993 at 7:00 p.m. We will be selecting club officers for 1994. Also, those who are interested in running before the meeting should meet at Sergio's at 6:00 p.m.

January Meeting

Dagny and Paul Scott will host the January meeting on Tuesday, January 11, 1994. A potluck will begin at 7:00 p.m. and the business meeting will start at 8:00 p.m. Dagny and Paul live at 629 Garcia Street. A map to their house is attached to the newsletter. If you have questions, you may call them at 983-7816.

P.O. Box 1818, Santa Fe, N.M. 87504

Race Results/Membership News

Fowl Day Run, Saturday, November 20

In the past I've always used this forum to express my thanks to the people who have helped so much in putting this event together. I want to do that again this year but I really want to thank the participants as well for their help by donating all the food. We donated over 1,000 pounds of non-perishable food to the Salvation Army this year. There were more donations this year than in the past years that I've served as race director.

We had slightly fewer participants this year, but the donations at this year's Fowl Day Run made it a huge success. Also, now all the participants will know the temperature when they're out there putting in miles. We had some great prizes this year for our random drawing and I hope this part of the Fowl Day Run continues to grow and evolve. Again thanks to all who helped, participated or donated in some way!

Michael Guttman
Race Director

Men's first place: Craig Hickox
Women's first place: Shirley Lynn

Roswell 20K, October 24

Jim Westmoreland took first place at the Roswell 20K. Congratulations Jim!

NM USATF Grand Prix Series

Jim Westmoreland took first place in the men's master division and will be sent by NM USATF to compete in the Runner's Den in Phoenix, Arizona on February 6, 1994.

Shirley Lynn took second place in the women's open division.

Congratulations to Jim and Shirley!

Upcoming Races

DECEMBER

Sat., Dec. 4 White Sands,
Alamogordo
Marathon
434-5605

JANUARY

Sat., Jan. 1 Egg Nog Jog
4 Miles
Gil's Runners Shoe World
268-6300

Sat., Jan. 15 Dearholt's Delight
12.5K Desert Trail Run
Las Cruces
524-7824

Sun., Jan. 30 Super Bowl Sunday
5K/10K
Las Cruces
524-7824

FEBRUARY

Sat., Feb. 6 Runner's Den Classic
5K/10K
Phoenix, Arizona

Running Calendar

DECEMBER

Wed., Dec. 1 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 8 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Tues., Dec. 14 Santa Fe Striders Meeting
7:00 p.m. @ Sergio's
Restaurant, 1620 St.
Michael's Drive
A run will take place @
6:00 p.m., meeting @
Sergio's

Wed., Dec. 15 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 22 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Dec. 29 Santa Fe Striders Run
5:30 p.m. @ The Plaza

JANUARY

Wed., Jan. 5 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Tues., Jan. 11 Santa Fe Striders Meeting
Dagny and Paul Scott's
house, 629 Garcia Street,
potluck @ 7:00 p.m.,
meeting @ 8:00 p.m. See
the attached map.

Wed., Jan. 12 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Jan. 19 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Wed., Jan. 26 Santa Fe Striders Run
5:30 p.m. @ The Plaza

Club Contacts

President	John Pollak 983-2144
Vice President	Elaine Coleman 983-9747
Treasurer	Graydon Anderson 989-1633
Race Director	Salvatore DeBari 989-7704
Newsletter Editor	Danica Tutush Girard 989-1819

Club Contributions

Thanks to the following members for contributing to the December issue of *Mile Markers*:

- Kim Bear
- John Pollak
- Michael Guttman
- Elaine Coleman
- Jim Westmoreland
- Dagny Scott

A special thanks to Elaine Coleman for hosting our November meeting.

Editor's Note: I am trying to publish our club's meeting dates two months in advance (when possible). If you can host the February club meeting or other meetings in the future, please contact me, Danica Tutush Girard, at 989-1819 as soon as possible. Thanks in advance for your support!

Mile Markers is an informational newsletter that is published monthly for the members of the Santa Fe Striders. The deadline for the next issue is December 28, 1993. Please submit articles, race results or other information to Danica Tutush Girard, Route 10 Box 83-2, Santa Fe, NM 87501, or at 989-1819.

**HAPPY HOLIDAYS TO
EVERYONE!**

PUBLIC SERVICE ANNOUNCEMENTS

PUBLIC SERVICE ANNOUNCEMENTS

THE SANTA FE STRIDERS RUNNING CLUB thanks the following sponsors for supporting the 12th Annual Fowl Day Run against hunger...with their help, over 1000 lbs. of nonperishable food was collected for needy families: Schlotzky's/The Country's Best Yogurt. Dr. Paul Hummel. Controls for Environmental Pollution, Inc. San Francisco Bar & Grill. Early Winters. Ariel Guttman. Healthy David's Cafe. Sergio's Ristorante. Garcia St. Books. Chavez Fine Jewelers. Diego's. Wharton's Crafted Gifts. Cloud Cliff Bakery. Jody Visalli. Elaine Coleman. Peggy vanHulsteyn. Tom Day. Dr. Clarence Rehorn. The New Mexican.

CONTACT

The Santa Fe New Mexican
Classified Department • 982-4451

Reifsnyder has Albuquerque, state Team up and running

From the Land of Enchantment, Bill Reifsnyder is coaching New Mexico's inaugural Team in Training, a group of about 25 runners statewide.

Reifsnyder, 31, said that only about 10 of that number are in the Albuquerque area, which he calls home. However, he has embarked on a carefully planned training program to get everyone through the marathon (in fact, when called, he was in the midst of reading a user manual for a new calendar software program to help him plan training schedules).

Reifsnyder is himself a world-class runner, having won national championships and competed on the international level. He currently is healing from lower back problems and has curtailed his racing schedule for the remainder of the year. He has his sights set, however, on the Boston Marathon in April 1994.

At any rate, the Albuquerque contingent had its first training run a few weeks ago. Another was scheduled for Oct. 17, but was canceled when it was determined that, due to some people

being out of town and others attending a local race, well . . . that's how it goes. Bill has a clinic scheduled for Saturday, Oct. 30, at 7 p.m. (at a site to be determined; he'll contact you) with a speaker on therapeutic massage.

Bill said he has runners at all ability levels, and has four training groups to accommodate each level. Further, each group will go through four phases: base training (10 weeks), strength and endurance (seven weeks), speed (three weeks) and then tapering to the race (two weeks). He calls the regimen "very systematic, a slow and steady progression." He is using a 40-mile week as the bare minimum training level for a reasonable marathon experience.

Bill initially set a goal of 30 team members, and is hopeful that it may yet be reached. Most of the New Mexico recruits came by way of Bill speaking before running clubs and other groups, and from the TNT ad in Runner's World. He said it's not too late to join, so if anyone knows anyone . . .

Santa Fe (submarine) Roadrunners, above, from left: Jimmy Wise, Tony Walker, Bob Brown, Scott Avery, Art Hernandez, Frank Balantine, the navigator. The team is shown after the Fall Challenge Race in New London, Conn., in 1992.



Little room to run in a sub, but crew finds place, spirit

By DANICA TUTUSH
For The New Mexican

The passageways are narrow, the space cramped. And in a matter of seconds, the floor can become a steep slope.

Such conditions are normal on a nuclear submarine. Just try to work out and stay physically fit in that environment.

The 142 men of the USS Santa Fe face that challenge daily.

The submarine, commissioned in April 1992, went to sea for the first time in September. Even before its debut, crew members lived aboard the sub to test its operational systems. In short time, many adapted to their environment and found a way to keep active.

"There is no designated area to exercise," said Cmdr. Robert Krull, captain of the submarine. "If you want to bring a piece of exercise equipment on board, it has to fit through the hatch."

That hatch is about 33 inches in diameter. The submarine itself is 360 feet long, 38 feet wide and filled with equipment — hardly suitable for marathon training.

Still, crew members such as Petty Officer 3rd Class Jimmie Wise have remained in top shape. He is one of 12 members of the submarine's running team, the Santa Fe Roadrunners Club.

Last year, the team won the military division and placed third overall at the Electric Boat Athletic Club Challenge, a race held near Groton, Conn., where the USS Santa Fe is based. Several are also members of the Groton Striders running club. Wise and a teammate ran the Boston Marathon last April.

Wise was one of several crew members to visit Santa Fe in September as special guests of Mayor Sam Pick, who had proposed the name of the submarine to U.S. Sen. Jeff Bingaman when the cruiser by the same name was decommissioned. Several groups of military veterans, Pick said, wanted to continue the use of the name. Bingaman, Pick said, was instrumental in having the submarine named after the city.

And while Santa Fe might be a place where outdoor sports are king, its underwater namesake remains a place where working out is hard work.

"It's a three story-high building underwater," Wise said during his visit. "Very compact and equipment-intensive."

Wise said a Nordic Track exerciser is near the boiler room.

"It's pretty hot back there and you find yourself sweating twice as much," he said.

The sub also has rowing machines and free weights. Krull said a Stair Master and tread mill might be added in the future.

When submerged, the oxygen level on the sub can be lower than it is outside, above the water's surface.

"You feel like you can really breathe and get more oxygen (on land)," said seaman Shawn MacDowell, one of the men who measures the oxygen pressure and level on the sub.

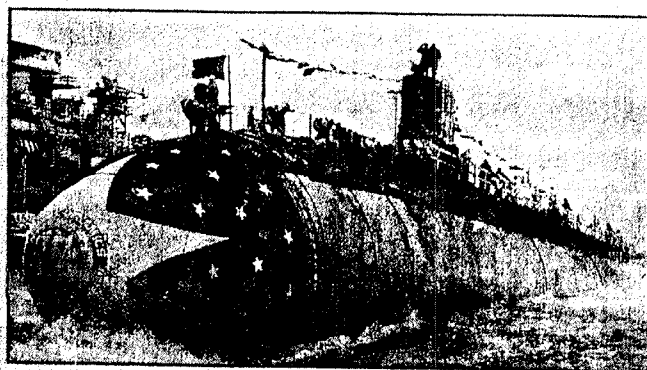
MacDowell said the lower oxygen level can cause crewmen to feel fatigued during a workout much more rapidly than normally would be the case.

The recirculation of the air can also cause problems.

"If someone gets a cold, everyone gets it," Wise said.

Another obstacle to fitness is scheduling. The submarine is at sea for anywhere from 10 days to six months and a crewman's duties change every two weeks.

A seafarer's diet also can present a challenge. The Navy provides calorie counts on the foods that are served. However,



The USS Santa Fe the day it was launched in September.

fresh fruits and vegetables are limited and supplies are depleted quickly. Krull said the Navy tries to provide a well-balanced diet, but because of problems with food storage it becomes skewed.

"It's weird to eat rehydrated coleslaw," Krull said. "And you also get sick of three-bean salad."

Wise and MacDowell said many of the meals are of the meat-and-potato variety, which add pounds quickly.

Keeping fit is not just a goal of several individuals, Krull said — the Navy requires it. Twice a year, the men are measured on their body fat content, which must be 22 percent, and tested on their overall fitness. They must run a mile-and-a-half and perform a certain number of push-ups and sit-ups, depending on their age. Those who fail the tests could have to go on a restricted diet or be required to seek outside programs for help. Failing tests repeatedly can lead to a discharge from the service.

The average age of crewmen on the USS Santa Fe is 23, with

ages ranging from 17 to 47. The oldest crew member, Master Chief Petty Officer Robert Brown, is a competitive runner, according to Wise. He said Brown contacted the Santa Fe Striders last year, asking if he could join the running club that bears the name of his submarine. He was extended an honorary membership, Wise said.

The submarine has adopted a logo that is shaped like the state and contains other New Mexico and Navy symbols. Krull said two of the sub's 142 men are from New Mexico — Donald Hill of Las Cruces and Art Hernandez of Deming.

Last year, the submarine sponsored a run to Santa Fe competition. In two months, crew members, both running team members and others, ran the same number of miles it would have taken to run from Connecticut to Santa Fe. They plotted their progress on a map.

Krull said it was a morale booster and a way to "connect to Santa Fe."

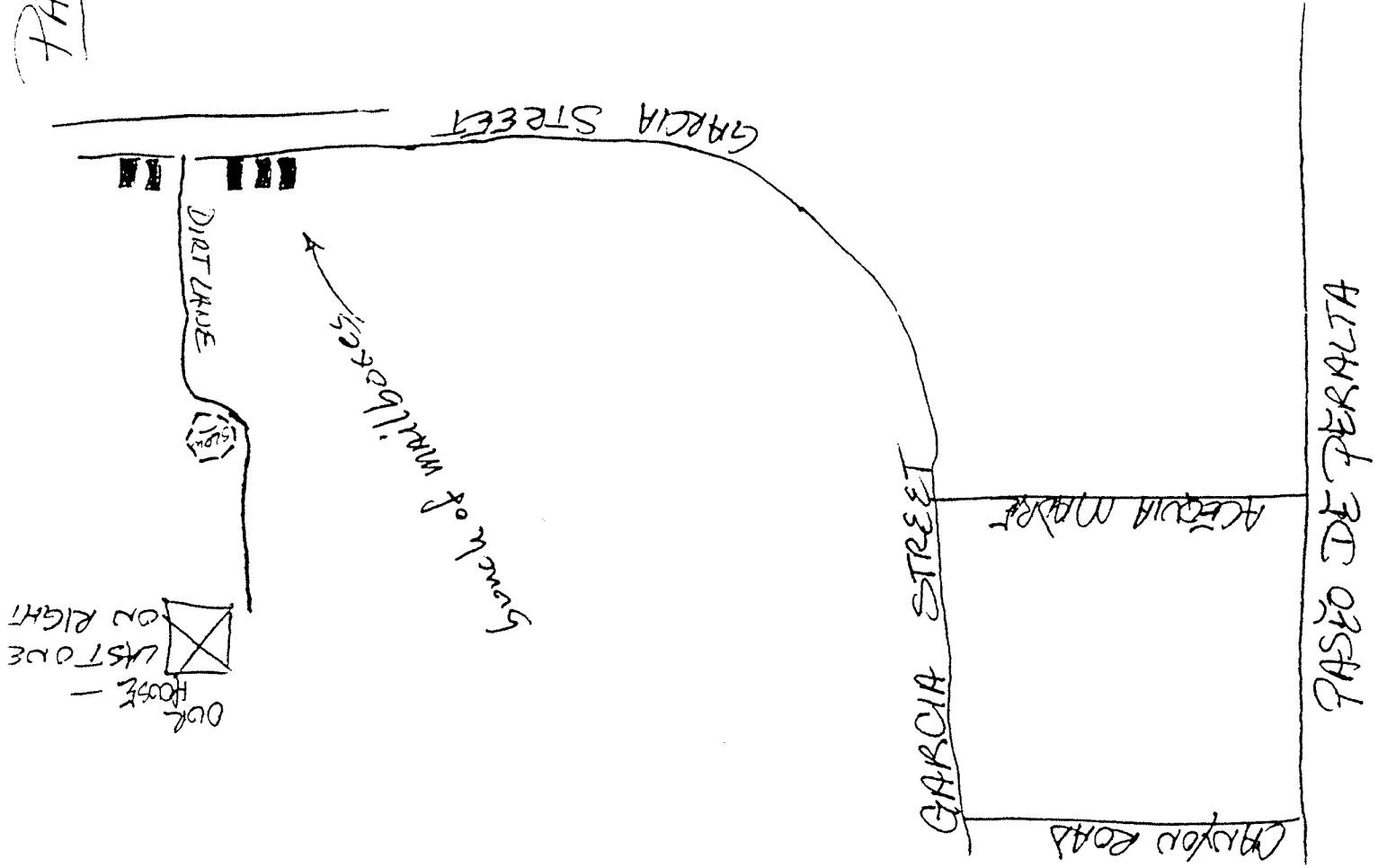
PAUL & DAGNY SCOTT'S HOUSE:

* ADDRESS IS 629 GARCIA STREET, BUT THERE IS NO MAILBOX FOR 629... TURN AT BUNCH OF MAILBOXES THAT INCLUDES 623, 631, ETC.

* THERE IS LIMITED PARKING BY OUR HOUSE, WHICH IS 200 YARDS BACK ON A DIRT LANE. YOU MAY NEED TO PARK ON GARCIA AND WALK IN -

* ALSO, IF THERE IS ANY SNOW OR ICE ON THE DRIVEWAY IT IS TREACHEROUS TO DRIVE OUT OF, SO, AGAIN, YOU MAY WANT TO PARK ON THE STREET.

* FOLLOW THE DIRT DRIVE BACK, BENDING TO LEFT AT "SLOW" SIGN, THEN STRAIGHTEN BACK OUT. WE ARE THE LAST HOUSE ON THE RIGHT.



SANTA FE STRIDERS

Membership Application

Name: _____

Address: _____

City: _____

State : _____ Zip: _____

Telephone: _____

Enclose \$15.00 for annual membership fees. Annual fees are due in January of each year, and membership runs through the end of December. If you are paying after July 1, the membership fees are \$7.50. Make checks payable to Santa Fe Striders and mail to P.O. Box 1818, Santa Fe, NM 87504.

Vertical barcode or tracking code

Jim Westmoreland
2363 Camino Carlos Rey
Santa Fe, NM 87505



Santa Fe Striders
Post Office Box 1818
Santa Fe, New Mexico 87504

Mile Markets

